

African-American Men's Health Study

Intervention Facilitator's Training Manual

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University of California, San Francisco
Center for AIDS Prevention Studies
Multicultural Inquiry & Research on AIDS

General Overview

This intervention was designed in 1989 as AIDS risk reduction behavior change workshops for Black gay and bisexual men. The workshops were presented in either one session or three sessions. The workshops were developed based on extensive focus group interviews with Black gay men in San Francisco and Oakland, California. The intervention was adapted from similar techniques used by the "Stop AIDS" Project in San Francisco and was revised to be more suitable for nonwhite gay and bisexual men.

You can view the complete facilitator training manual for the Single Session and the Triple Session workshops.

The intervention consists of small group interactions, role playing, social modeling, social skills and assertiveness training. The sessions include major themes:

- Introduction
- Dual Identity Processes
- AIDS Knowledge, Sexual Transmission And Drug Use
- Negotiating Safe Sex
- Behavioral Commitment To Safe Sex

The training was led by two trained African-American homosexual male facilitators with backgrounds in sex education, mental health counseling, and AIDS education. Both had master's degrees in public health. The facilitators received 5 hours of training for leading this program.

In addition to assistance provided by facilitators, the research participants will be requested to select a "buddy" to assist them in developing and maintaining safe sex behavior. Based on the "Alcohol Anonymous" program, this support is intended to offer further encouragement for the participants to increase their AIDS risk reduction behavior.

The single and multiple session interventions are described separately. First, an outline is presented of the content of both types of intervention workshops. Then, the script is provided of actual procedure in conducting all sessions of both workshops.

Single Session Intervention

- I. Participants' Introduction (Dyads) - 10 min.
- II. Introduction of Intervention Workshops - 5 min.
 - A. Introduction to Black Gay Men's Intervention Study
 1. Goals & Importance

- 2. Subjects' Role
 - 3. Outline of Sessions
 - B. Introduction of Guidelines for Intervention Workshops
 - 1. All that is said in workshop should be confidential
 - 2. Don't judge anything you hear someone else say
 - 3. Don't censor what you are thinking
 - III. Analysis of Dual Identity Processes - 55 min
 - A. View Black Gay Identity Video
 - B. Group Discussion of Black Gay Identity
 - 1. Benefits of Black/Gay Identity
 - 2. Disadvantages of Black/Gay Identity
 - 3. Consequences of Dual Identity for Risk of AIDS
 - C. View Black Gay Anthology Exhibit
 - IV. Self-Selection of Buddy and Social Support- 10 min
 - A. Emphasize Development of Social Support
 - B. Emphasize Communication and Interpersonal Interaction
 - V. Refreshment Break - 10 min.
 - VI. AIDS Knowledge, Sexual Transmission, & Drug Use - 20 min
 - A. Use Flip Chart and Handout Safe Sex Kits
 - B. Large Group Discussion of AIDS Misconceptions of Black Men
 - VII. Introduction to Negotiating- 20 min.
 - A. View Black Safe Sex Video - 10 min.
 - B. Condom Games - 10 min
 - 1. Demonstration with dildoes and condoms
 - 2. Practice trials in large group with same props
 - VIII. Safe Sex Scenarios: Practicing to Overcome Hurdles -20 min
 - A. Conduct Role Plays (Small/Large Groups) -15 min
 - B. Examination and Reaction (Large Group) -10 min
 - IX. Behavioral Commitment to Safe Sex - 15 min.
 - A. Maintenance of Safe Sex
 - 1. Avoidance of Relapse
 - 2. Self-Reinforcement of Safe Sex
 - B. Social Norms for Safe Sex
 - X. Conclusion and Post-Intervention Evaluation - 5 min
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Triple Session Intervention

Session 1

- I. Participants' Introduction (Dyads) - 15 min
- II. Introduction of Intervention Workshops -5 min
 - A. Introduction to Black Gay Men's Intervention Study
 - 1. Goals & Importance
 - 2. Subjects' Role
 - 3. Outline of Sessions
 - B. Introduction of Guidelines for Intervention Workshops
 - 1. All that is said in workshop should be confidential
 - 2. Don't judge anything you hear someone else say
 - 3. Don't censor what you are thinking
- III. Analysis of Dual Identity Processes - 1 hour 10 min
 - A. View Black Gay Identity Video
 - B. Group Discussion of Black Gay Identity
 - 1. Benefits of Black/Gay Identity

- 2. Disadvantages of Black/Gay Identity
 - 3. Consequences of Dual Identity for Risk of AIDS
- C. View Black Gay Anthology Exhibit
- IV. Self-Selection of Buddy - 15 min
 - A. Emphasize Development of Social Support
 - B. Emphasize Communication and Interpersonal Interaction
- V. Refreshment Break - 10 min
- VI. AIDS Knowledge, Sexual Transmission, & Drug Use - 1 hour
 - A. Safe Sex Quiz
 - B. Large Group Discussion of AIDS Misconceptions of Black Men
- VII. Closing - 5 min.

Session 2

- I. Positive Feelings about Safer Sex - 1 hour 15 min
 - A. Learning to Enjoy Safe Sex: A Brainstorming Exercise - 1 hr.
 - B. View Black Safe Sex Video - 15 min.
- II. Refreshment Break- 15 min.
- III. Positive Actions in having Safer Sex.- 1 hour 15 min.
 - A. Condom Games - 30 min.
 - 1. Demonstration with Dildoes and Condoms - 15 min.
 - 2. Practice Trials in Large Group - 15 min.
 - B. Condoms Preparedness Discussion: Rubbers "Don't Leave Home Without Them" - 45 min.
- IV. Buddy System "Check-Out" - 15 min

Session 3

- I. Introduction to Negotiating - 1 hour
 - A. Resistance Issues (Large Group Presentation)
 - 1. Use Flip Chart
 - 2. Analyze One's Own and Other's Hurdles to Safe Sex
 - 3. Give and Receive Non-threatening Suggestions of Risk Reduction
 - 4. To Problem-Solve Alternatives to Hurdles to Safe Sex
 - 5. To Develop Alternatives to High Risk Activities
 - II. Refreshment Break - 15 min
 - III. Safe Sex Scenarios: Practicing to Overcome Hurdles - 1 hour
 - A. Handout Role Play Exercises
 - B. Preparation of Role Play Scenarios (Small Group) - 10 min.
 - C. Role Play and Discussion (Large Groups) 50 min.
 - IV. Behavioral Commitment to Safe Sex - 30 min.
 - A. Maintenance of Safe Sex
 - 1. Avoidance of Relapse
 - 2. Self-Reinforcement of Safe Sex
 - B. Social Norms of Safe Sex
 - V. Conclusion and Post-Intervention Evaluation - 5 min
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